A COUPLE OF NEW FACES JOIN 'THE FACE'

LYDIA HEARST AND ANNE V ARE KISSING IN ACTION. PAGE 17

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Wednesday, March 5, 2014 **www.metro.us | t: MetroNewYork | f: MetroNewYork**

Vision. New York City is home to more projects on the crowdfunded site Kickstarter than any other city in the United States. **Helping hand.** Metro talks with three people who used the site to bring their ideas to life. PAGE 02

GET YOUR KICKS

New York City resident Jake Bronstein was able to start Flint and Tinder, his clothing line, after raising funds on Kickstarter. / BESS ADLER, METRO

So you think Drew Carey can dance?

PAGE 16

Mr. Peabody sounds a lot like Phil Dunphy

PAGE 22

The Sill: Talk about planting a great idea!

PAGE 24

[The difference] is changing your future at any age. mcny.edu 1-800-33-THINK

—Sandra Carr,
MPA, Public Affairs & Administration, '08

Military Veterans, ask about Operation Tuition Freedom.

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NEWS

Top 3

What's trending online at Metro.us

1 'The Cameron Diaz and Sofia Coppola feud comes to an end.'

2 'VIDEO: Tech-savvy school kids react to old rotary telephones'

3 'VIDEO: TV news reporter gets blasted with snow from passing plow'

Quoted

"The bottom line is what we have said about charter schools — that we are ready to work with charter schools."

Bill de Blasio

Clockwise from left: Jake Bronstein started a clothing line with Kickstarter funds; Rachel Fershleiser puts together her zine; Michael Malice shows off his book. / BESS ADLER, CLRACHEL FERSHLEISER AND GWEN MCCLURE

Buying in: Kickstarting your dreams into reality

Pledge. These three New Yorkers crowdfunded their visions to life.

Jake Bronstein's original idea for his new business venture was a flop.

He spent six months looking for a way to produce high-quality, American-made bed sheets — for men. The problem was no one in the country could make them.

Bed sheets were out, but Bronstein turned it around and thought "underwear." Yet he was plagued by the same problem that troubles every small business owner: a lack of capital and customers.

Kickstarter, the popular crowdfunding website, was already three years old by the time New York City transplant Bronstein started using the site.

The project launched in April 2012. Within a month, it surpassed its original $30,000 goal — many times over.

"The response was instantaneous and powerful," he said. "Some $291,000 worth of preorders came in, more than enough for us to start work on it."

Since its launch, Bronstein's apparel company Flint and Tinder has taken off.

Failure was one of the fears celebrity ghostwriter and Brooklyn native Michael Malice had when he sought to pen a posthumous, unauthorized autobiography of North Korean leader Kim Jong Il titled "Dear Reader."

"The toughest part is the powerlessness," Malice said. "You can only do so much, and it's frustrating waiting for the numbers to go up."

Still, Malice edged out his $30,000 goal. In the end, he got more than he would have with a traditional advance and earns a bigger margin on sales.

Like Malice, Brooklyn native Rachel Fershleiser penned her share of books before she launched her Kickstarter in January.

No stranger to the Internet, Fershleiser — who does outreach for Tumblr — turned an obsession with soup into a hashtag named "Stock Tips."

The hashtag went viral, prompting her and friend Ami Greko to go lo-fi with an old-school, photocopied and stapled zine about soup, even offering cross-stitched covers for bigger spenders with $8 to pledge.

They found their audience — 730 people pledged almost $7,000 for a project that only asked for $500.

"That's sort of the fun of Kickstarter," Fershleiser said. "You're your own venture capitalist firm."

Kickstart your heart

In total, the website has enabled 135,000 projects to launch, with about four in 10 actually meeting their goals.

- Based in Greenpoint, Brooklyn, Kickstarter also announced on Monday that the website's all-time pledges have jumped past $1 billion, with more than half pledged in the last year.
- Kickstarter helped Jake Bronstein launch his apparel company Flint and Tinder. It is based in the Lower East Side and now has seven employees and works with 11 factories around the country.

Tough

"The toughest part is the powerlessness. You can only do so much."
Malice

But fun

"That's sort of the fun of Kickstarter. You're your own venture capitalist firm." Fershleiser

Dream maker

New York is Kickstarter capital of the nation

In 2013, more Kickstarter projects came out of New York City than any other city in the rest of the United States.

In total, 3,417 different projects came from across the five boroughs and went up on the site.

"New York City has always been a center of creativity and innovation, so it's no surprise that New Yorkers are making use of a platform that's innovative and creative," said Kickstarter spokeswoman Julie Wood.

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Investigation

Police release video of ATV that struck cop

Police are hoping surveillance video will help lead them to the ATV driver who struck and injured a police officer in Brooklyn on Sunday.

The suspect was stopped by two officers in the vicinity of Pitkin and Lincoln avenues in Cypress Hills for driving recklessly. As the officers approached the yellow Yamaha ATV, the driver sped away, striking one of the officers and dragging him for nearly 200 feet before running over his leg.

The suspect / NYPD

The officer suffered a broken vertebrae, broken nose and several cuts.

Police initially said they had arrested a 23-year-old man in connection with the incident, but they later said the man was charged for an unrelated incident.

The NYPD released a video on Monday night that shows the ATV driver speeding away.

Anyone with information is asked to call Crime Stoppers at (800) 577-TIPS (8477). LAURA SHIN

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In the next few months the police will begin testing the tablets. / NYPD

NYPD will outfit officers with tablets in field test

Mobile. The tablets will have a new app utilizing law enforcement data.

Armed with tablets, New York's finest are going mobile.

NYPD Commissioner Bill Bratton said Tuesday that the department will equip officers with tablets as part of an upcoming pilot program, connecting cops with a stream of law enforcement data.

"This is the future of the New York City Police Department," Bratton said.

The Microsoft tablets will be outfitted with a new app for the department's Domain Awareness System.

Through the system, which has been used for a few years on desktop computers, officers can access information on 911 calls, arrests, criminal complaints and other data, according to Jessica Tisch, the NYPD's deputy commissioner of information technology.

After a pilot program beginning in the next few months, the tablets will be evaluated for a larger rollout within the department.

Where and how the tablets will be used has yet to be determined. But Tisch said the data app could potentially be used on other tablets and even on cell phones.

"Down the road — why not?" she said.

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Police tech

The NYPD is taking on new technology:

- Top cop Bill Bratton joined Twitter in January.
- In December, the NYPD got two pairs of Google Glass and began assessing them.
- Bratton said cops may be outfitted with body cameras as part of court-ordered stop-and-frisk reforms.

Staten Island. Man arrested for false report after losing son

A Staten Island man was arrested and charged with filing a false report after he told police that his toddler son was kidnapped over the weekend.

Terry Liaros, 46, told police on Sunday night that his Toyota 4Runner was stolen as he was unloading groceries with his son still in the SUV's backseat.

Minutes after Liaros called the cops, investigators said that they found the boy unharmed less than two blocks away after he wandered from the home.

The car was found soon after with the engine still running.

The New York Post reported that a surveillance video near where the car was found showed Liaros driving the SUV in search of the boy an hour before he went home and reported that the car was stolen.

CHESTER JESUS SORIA

Carriages

Liam Neeson invites mayor to tour stable

Actor Liam Neeson has not given up his fight to keep horse carriages in NYC. He invited the mayor and City Council to tour the city's largest horse stable.

The New York Daily News reported the actor will tour Clinton Park Stables. He sent invitations to the mayor and City Council. LAURA SHIN

Program aims to help residents quit smoking

Almost 1 million New Yorkers still smoke cigarettes. / GETTY IMAGES

Heath. New Yorkers can apply for free nicotine patches and gum from the city this month.

The Health Department wants to help the city kick its cigarette habit, providing free nicotine patches and gum this month.

New Yorkers can apply with the annual program through April 1, the department said Tuesday.

The same program has helped nearly 300,000 New Yorkers quit smoking since launching in 2006.

Though smoking rates have declined, by about 6 percent between 2002 and 2012, almost 1 million adults today smoke citywide. The department said smoking is still a leading cause of preventable death in the city.

"We know that most smokers want to quit and there is no better time to start than now," Health Commissioner Mary Bassett said in a statement.

Depending on daily smoking habits, eligible applicants to the program will receive up to a four-week supply of patches and gum. Enrollees will also receive follow-up calls from the New York State Smokers' Quitline.

Details

New Yorkers can apply for the free nicotine patches and gum by calling 311 or visiting www.nysmokefree.com through April 1.

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Education

Gov. Cuomo rallies with charter schools

Gov. Andrew Cuomo met with Mayor Bill de Blasio on Tuesday, but not before making a surprise appearance at a rally for charter schools.

Cuomo stood in front of a sea of an estimated 11,000 parents, teachers and students in matching yellow shirts chanting the governor's name before he spoke.

Andrew Cuomo / GETTY IMAGES

"We need new ideas. Einstein said insanity is doing the same thing over and over and over again and expecting a different result," Cuomo told the audience.

Nicole Pacheco-Rosario, who said she has two children at a Brooklyn charter school took to the mic, flipping one of the mayor's rhetorical devices on the administration.

"We're here in Albany to put an end to the tale of two school systems," she said.

De Blasio has long argued in favor of charging rent to those charter schools that could pay.

CHESTER JESUS SORIA

Council asks Albany to give mayor's goals priority

Council members traveled to Albany to rally for the mayor's agenda. / WILLIAM ALATRISTE

Legislate. Their list includes universal pre-K and raising the minimum wage in the city.

As buses of council members and supporters made their way to the state capital on Tuesday in support of universal pre-kindergarten, the New York City Council released its top agenda items.

Few surprises were included in the list of 35 items, mostly coinciding with priorities laid out by Mayor Bill de Blasio in his campaign.

The city's right to tax itself to pay for universal pre-kindergarten and after-school programming topped the list, as well as de Blasio's promise to increase the city's minimum wage.

The council also wants the state to allow the city to reinstate the commuter tax on those who work but don't live in the city, and for it to throw out Madison Square Garden's tax exemption.

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Capital quagmire

Other issues the council wants the state to tackle are ones that Albany has been struggling with.

- The Assembly recently passed the Dream Act to give financial aid to students whose parents are illegal aliens. It remains held up in the Senate.
- The Women's Equality Act also remains a top item for the municipal body, even though it's stalled upstate.

In Queens

Toddler hit by car in front of mother

A 2-year-old boy was struck by a car in front of his mother after running into a Queens street Monday afternoon, police said.

The boy and his mother were walking on 196th Street in Auburndale about 2:30 p.m. as a car drove down the street.

He was rushed to Long Island Jewish Hospital in critical condition. Police said the driver remained at the scene and will not be charged.

"It was truly an accident," NYPD Commissioner Bill Bratton said Tuesday. ANNA SANDERS

Russian Navy ships are docked in the Sevastopol Bay. Russian forces have surrounded Ukrainian military bases across Crimea. / GETTY IMAGES

President: Putin's move not a 'sign of strength'

A helping hand. Obama is urging Congress to back an aid package for Ukraine.

President Barack Obama said on Tuesday that Russian President Vladimir Putin's intervention in Ukraine is not a sign of Russian strength rather a reflection of the deep concern Russia's neighbors have about Moscow's meddling.

In remarks to reporters, Obama ridiculed Putin's justification for any Russian military action in the Crimea region of southern Ukraine.

Putin has denied that Russian armed forces were directly engaged in the bloodless seizure of Crimea but said he has the right to send in military forces to protect Russian nationals. Obama has called Moscow's moves a violation of international law.

Obama, who has drawn ire from Republicans for his handling of Ukraine, rejected suggestions that the Russian move was a clear strategic step.

"I actually think that this has not been a sign of strength but rather a reflection that countries near Russia have deep concerns and suspicions about this kind of meddling and if anything will push some countries further away from Russia," he said.

Obama said a U.S. aid package is aimed in part at making sure Ukraine has elections and that legitimate elections should show the country is able to govern itself.

He urged Congress to back the aid package. REUTERS

Quoted

"I actually think that this has not been a sign of strength but rather a reflection that countries near Russia have deep concerns."
Obama

Actions in Crimea

Putin: Military force would be 'last resort' in Ukraine

President Vladimir Putin delivered a robust defense of Russia's actions in Crimea on Tuesday and said he would use force in Ukraine only as a last resort, easing market fears that East-West tension over the former Soviet republic could lead to war. REUTERS

Foreign policy

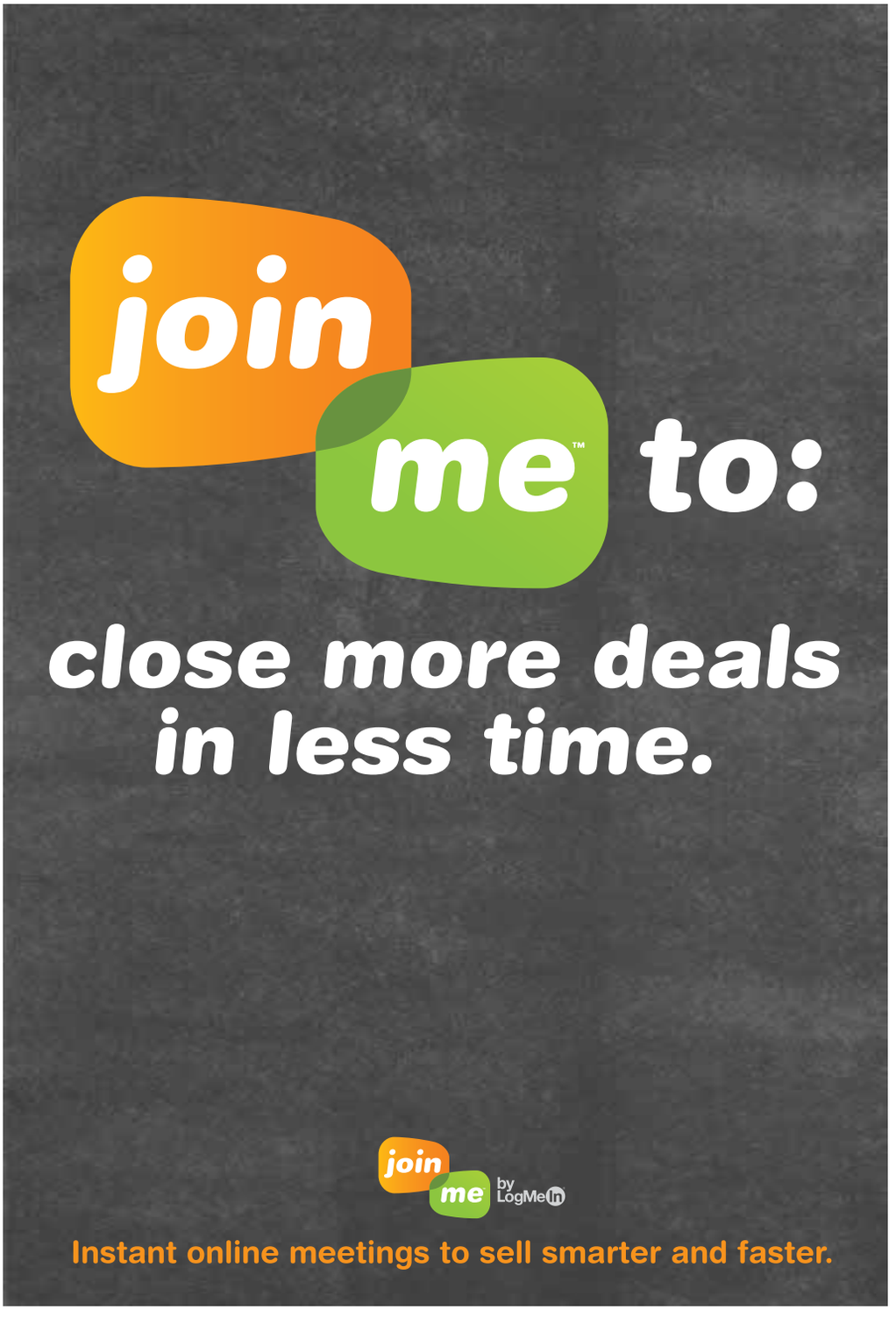
Obama's caution may sway midterm election

With Russia's incursion into Ukraine reviving Cold War-style tensions, President Barack Obama's credibility is at risk when he can least afford it: as he tries to convince voters to stick with his fellow Democrats in congressional elections that will help shape his legacy.

Facing his toughest test yet in Ukraine, Obama is once again being portrayed as a weak leader, outmaneuvered by a wily, opportunistic Russian president. REUTERS

Quoted

"President Putin seems to have a different set of lawyers making a different set of interpretations. ... But I don't think that's fooling anybody." Obama



Spending. Obama's budget sets up clash with Republicans

President Barack Obama proposed new tax credits and job-training programs for workers on Tuesday in a 2015 budget that drew instant condemnation from Republicans, who dismissed the document as an election-year campaign pitch.

The $3.9 trillion blueprint for the fiscal year that begins Oct. 1 also would boost spending on roads and bridges and expand early childhood education while paying for some of the additional spending by scaling back tax breaks for wealthier Americans.

The proposal has almost no chance of passage in Congress, where Republicans control the House of Representatives, but it lays out Obama's policy priorities ahead of November congressional elections. Democrats will be fighting to keep control of the Senate and avoid losing ground in the House.

"Our budget is about choices, it's about our values," Obama told reporters during a visit to an elementary school.

"At a time when our deficits are falling at the fastest rate in 60 years, we've got to decide if we're going to keep squeezing the middle class or if we're going to continue to reduce the deficits responsibly while taking steps to grow and strengthen the middle class." REUTERS

Additional spending

$56B

While working within the overall cap of $1.014 trillion for discretionary spending that Congress set for 2015, the president proposed $56 billion in additional spending for education, welfare and defense programs, paid for in part by ending a tax break for wealthy retirees.

Not going to rain on this Fat parade

A cold, gray day didn't deter revelers as members of Rex parade down St. Charles Avenue in the rain for Mardi Gras in New Orleans, La. Fat Tuesday, the traditional celebration held on the day before Ash Wednesday and the beginning of Lent, is marked in New Orleans with parades and marches through the city. Float riders often toss out "throws," or inexpensive trinkets like strings of beads, to spectators along the route. / GETTY IMAGES

Retaliation

Justices extend employee whistleblower protections

The Supreme Court ruled that whistleblower protections apply broadly, saying that employees of subcontractors, including investment advisers, law firms and accounting firms, should also be protected from employer retaliation.

The justices voted 6-3 in a ruling that extends whistleblower protections beyond employees of publicly traded companies.

The three dissenting justices said the ruling had a "stunning reach" that could give protection to household employees like babysitters.

The justices were interpreting part of the Sarbanes-Oxley Act, the Wall Street reform law that sets standards for all national publicly traded company boards, management and public accounting firms. REUTERS

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Facebook in talks to acquire drone company

Facebook is working on bringing wireless Internet to developing countries. / PHOTO ILLUSTRATION, GETTY IMAGES

Online for all. It would be aimed at connecting people who do not have Internet access in places such as Africa.

Facebook Inc. is in talks to buy drone maker Titan Aerospace for $60 million, according to media reports.

The high-flying drones would give Facebook, the world's No. 1 Internet social network, the ability to beam wireless Internet access to consumers in undeveloped parts of the world, according to the technology blog TechCrunch. TechCrunch first reported the deal late on Monday, citing an anonymous source.

Facebook declined to comment.

Titan Chief Executive Vern Raburn declined to comment on whether Facebook was buying the company or a large order of its planes.

"I can't comment one way or the other," Raburn said in a telephone interview on Tuesday.

Users

1.2B

Social media giant Facebook has 1.2 billion monthly users.

Titan is developing a variety of solar-powered "atmospheric satellites," according to the company's website, with initial commercial operations slated for 2015.

The drones fly at an altitude of 65,000 feet, can remain aloft for up to five years and have a 165-foot wingspan. **REUTERS**

Merger review nears. Comcast expands its low-income Net access

Comcast said its discounted Internet service for low-income families will be available indefinitely, a move that should please U.S. regulators as the company seeks approval for its $45.2 billion takeover of Time Warner Cable.

Internet Essentials is Comcast's broadband Internet program for some low-income families with children. It costs $9.95 a month and offers a discount with other perks.

The program has enrolled about 300,000 families since it launched in 2011. Some 2.6 million U.S. families are eligible, according to Comcast. It was originally expected to run through the end of the 2013-2014 school year. **REUTERS**

By the numbers

$10

Internet is available to some families for less than $10 per month.

2.6M

About 2.6 million families in the U.S. are eligible.

Pay my way

Teen loses first legal battle to parents

A New Jersey student who says her parents abandoned her when she turned 18 lost the first round on Tuesday in the lawsuit she filed against them for school costs and living expenses, in a case that could set a precedent for a family's obligation to support a child who has left home. A judge denied a request by Rachel Canning of Lincoln Park, N.J., to have her parents temporarily resume paying her tuition and living expenses. He set another hearing for next month. **REUTERS**

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Mt. Gox

UK lawyer says 'hundreds' ready for Bitcoin class action

More than 400 people have signaled they would join a class action against Mt. Gox, the world's biggest marketplace for the digital currency Bitcoin before its abrupt collapse, British-based law firm Selachii said.

It would be the latest effort to try to recoup some of the $480 million in losses that Mt. Gox has blamed on a hacking attack that drove it into bankruptcy. REUTERS

Interest

400

Selachii has received more than 400 expressions of interest in joining a class action lawsuit.

Rules and regs

Japan to regulate, tax Bitcoin trades

The Japanese government will set rules for trading bitcoins, including imposing taxes on transactions with the virtual currency, that will become the basis for guidelines applicable to similar currencies in future, the Nikkei reported.

Japan's government is still trying to explain the collapse of Mt. Gox — once the world's largest Bitcoin exchange — and figure out how the Tokyo-based company could lose nearly half a billion dollars in bitcoins, Finance Minister Taro Aso said on Tuesday.

Mt. Gox filed for bankruptcy protection in Japan on Friday, saying it may have lost some 850,000 bitcoins due to hacking. REUTERS

Pistorius gets emotional at graphic trial evidence

Murder suspect Oscar Pistorius sits with his head in his hand at the North Gauteng High Court in Pretoria, South Africa, for the second day of his trial on Tuesday. / GETTY IMAGES

Details. His attorney shared information from the autopsy.

Oscar Pistorius buried his head in his hands and wiped away tears after a South African court heard grisly details of the killing of his girlfriend.

He leaned forward in the dock and clasped his head between his hands as lead defense lawyer Barry Roux read out details from the postmortem, including that "some fragments of the bullet" were removed from Reeva Steenkamp's head.

Roux also heaped scorn on the testimony of neighbor Michelle Burger, who said she heard a scream fade away after the shots, saying that the 29-year-old would have "dropped immediately" due to a bullet in the head. Burger broke down toward the end of her own testimony following an angry exchange with Roux, who had sought to show she had mistaken the screams of agitated Pistorius for that of a woman.

Another neighbor, Estelle van der Merwe, testified that she heard what sounded like an argument the morning Steenkamp was killed. REUTERS

Quoted

"From where I was sitting it seemed like two people were having an argument, but I couldn't hear the other person's voice."

Estelle van der Merwe

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Israel. PM urges no Palestinian 'excuses,' warns on Iran nukes

Israeli Prime Minister Benjamin Netanyahu warned the United States and other world powers on Tuesday not to allow Iran to retain the ability to enrich uranium, and urged Palestinians to recognize Israel as a Jewish state if they wanted peace.

Addressing the pro-Israel lobby AIPAC a day after White House talks, Netanyahu avoided any explicit criticism of President Barack Obama but underscored the main differences with him over U.S.-led nuclear diplomacy with Iran.

Netanyahu reiterated his firm opposition to the possibility that a final deal to curb Iran's disputed nuclear program would allow it to keep some technologies with bomb-making potential.

All of these must be dismantled, Netanyahu said, adding that diplomatic pressure on Tehran should be increased. That's the reverse of an easing of sanctions offered under an interim accord.

"Unfortunately the leading powers of the world are talking about leaving Iran with the capability to enrich uranium. I hope they don't do that, because that would be a grave error," he said. REUTERS

Warhawk reputation

The hawkish Israeli prime minister, who has been accused of trying to scuttle negotiations with Iran, stopped short of issuing any direct threat against Israel's arch foe.

- Netanyahu's combative remarks followed talks in which he bluntly told Obama that he would never compromise on Israel's security.

Civil unrest

Opposition demonstrators take part in a protest against the government of Nicolas Maduro in Caracas. / GETTY IMAGES

Amid protests, Venezuela to remember late Hugo Chavez

Venezuela geared up on Tuesday for commemorations of socialist leader Hugo Chavez's death despite continued protests against his successor that have shaken the OPEC member and threatened the legacy of "El Comandante."

Even as students maintained a few barricades in some cities and activists held new rallies, President Nicolas Maduro's government was making lavish plans to honor Chavez on Wednesday's anniversary of his death from cancer.

Maduro, who announced Chavez's death in tears to a shell-shocked nation on March 5 last year, has made preserving Chavez's controversial legacy the guiding force of his presidency despite opposition from about half of Venezuelans.

The president was to preside over a military parade in Caracas on Wednesday, followed by a ceremony at the mausoleum housing Chavez's remains on a hilltop shantytown.

Latin American leftist allies, including Bolivian leader Evo Morales and his Nicaraguan counterpart Daniel Ortega, were to attend. Maduro, 51, narrowly won election last April to replace his late mentor but has seen economic problems worsen, made little headway against violent crime and faced street protests since early February.

Yet there seems to be little chance of a Ukraine-style change at the top, given numbers on the street are not massive, the military appears to remain behind Maduro, and opposition leaders are not winning over 'Chavistas' in poor areas. REUTERS

By the numbers

29M

The population of Venezuela

18

So far, 18 people have been killed as demonstrators have faced off with security forces and Maduro supporters.

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2 CULTURE

Behaving badly?

Which star, fresh out of rehab, partied at the Oscars?

While Zac Efron may have attended the Academy Awards festivities Sunday night with a sober coach in tow, recent rehab resident Selena Gomez reportedly let loose at the Vanity Fair Oscar party, according to Radar Online. The "Spring Breakers" star was "drinking constantly throughout the entire party when I saw her," a source says.

Get ready to tango with the new cast of "Dancing with the Stars." / ALL PHOTOS GETTY IMAGES

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

'Dancing with the Stars' announces new lineup

There will be big changes to Season 18 of "Dancing with the Stars." As it was reported last week, Erin Andrews is the new co-host of the reality TV dance series — replacing poor Brooke Burke-Charvet, who was unceremoniously booted for the hot blonde. The unsinkable Tom Bergeron will still be there.

In addition to Andrews, the new cast was just announced Tuesday (see sidebar). And hey, look who it is: Sochi gold medal winners Meryl Davis and Charlie White. ABC is playing it up that the Olympic ice dancers will be competing against one another, hopefully so we'll overlook that the two are, um, trained dancers at the pinnacles of their careers.

I'm no reality TV/sports expert, but isn't the shtick of "DWTS" that "celebrities" are teamed with professional dancers? Doesn't having trained dancers and trained dancers compete together stack the deck a bit? Or will thinking too deeply about an ABC reality TV program about ballroom dancing only cause me pain?

Dance machines

- "Real Housewives of Atlanta" star NeNe Leakes. Dance partner Tony Dovolani
- Olympic figure skater Meryl Davis. Dance partner Maksim Chmerkovskiy
- Olympic figure skater Charlie White. Dance partner Sharna Burgess
- Drew Carey. Dance partner Cheryl Burke
- Candace Cameron Bure. Dance partner Mark Ballas
- Retired hockey player Sean Avery. Dance partner Karina Smirnoff
- Singer James Maslow. Dance partner Peta Murgatroyd
- Long-distance swimmer Diana Nyad. Dance partner Henry Byalikov
- Danica McKellar. Dance partner Val Chmerkovskiy
- Billy Dee Williams, aka Lando Calrissian. Dance partner Emma Slater
- Pop singing sensation Cody Simpson. Dance partner Witney Carson
- Snowboarding champ (and double amputee) Amy Purdy. Dance partner Derek Hough

Moving to the big house

Teresa and Joe Giudice are going to prison. The "Real Housewives of New Jersey" couple pleaded guilty to a litany of charges Tuesday as part of a plea deal. The charges include conspiracy to commit mail and wire fraud, bank fraud, making false statements on loan applications and bankruptcy fraud. The indictment also charged Joe with failure to file tax returns from 2004 through 2008. During that time he allegedly earned nearly $1 million. Teresa could go to jail for 21 to 27 months, while Joe faces 42 months and possible deportation.

Budding models 'Face' the competition

See more at www.metro.us

THE NEW SEASON OF "THE FACE" PREMIERES TONIGHT AT 10 ON OXYGEN. / OXYGEN MEDIA

TV. Anne V and Lydia Hearst sign on as coaches for season two of "The Face."

A new season of supermodel search "The Face" is premiering tonight, and this time industry vets Anne V and Lydia Hearst will join Naomi Campbell as coaches on the show. The highly successful models will compete against each other to find the next new "face" — a model who will win a contract with Frederic Fekkai salons. Each coach is tasked with assembling a team of hopeful young girls and will guide them through different challenges each week.

"I know it's a reality show but there's so much good in it," says Anne V. "I've always tried to help as many young girls as I could because I never really had a mentor when I started out. I just thought it was a really great opportunity of spreading my knowledge to the young generation, because you forget how tough it is out there."

Hearst also wants to pass her experience on to the girls, as a famous friend and mentor did for her when she was a rookie in the fashion world.

"I was lucky that when I first started out in fashion I did have a friend and a bit of a mentor, who was Carol Alt. One of the pieces of advice that she gave me that still to this day stands out in my head was that you have to really focus on the now and stop focusing on the next thing, because it's so easy to lose sight of everything that's happening right now," she says.

As for the team the two models have picked, they've each tried to find four girls who stand out.

"I was looking for more unique characteristics and qualities and wanted to see, in a sense, a little bit of myself — that inner light, excitement and determination," says Hearst.

"I wanted girls who wanted to be great women overall, not just great models," says Anne V.

Quoted

"I just thought it was a really great opportunity of spreading my knowledge to the young generation, because you forget how tough it is out there."
Anne V

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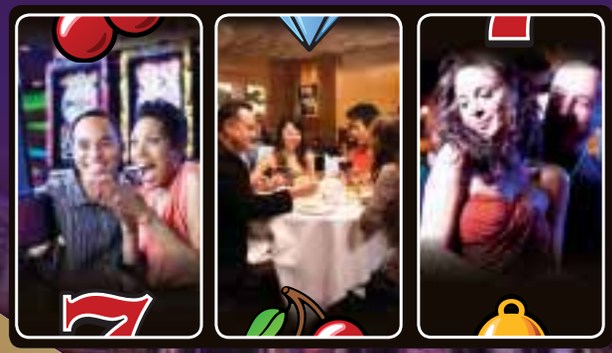

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SAKINA JAFFREY

Actress says she boned up on politics to take a role in "House of Cards."

STEP INTO HER 'HOUSE'

NETFLIX

On Netflix's hugely popular drama "House of Cards," Sakina Jaffrey plays White House Chief of Staff Linda Vasquez. In the series she's the first woman and Latina to take on this job. Unfortunately for Vasquez, she's also one of the reasons why Kevin Spacey's Frank Underwood formulates a master plan.

What kind of research did you do before the show?
I watched interviews with [former Secretary of State] Condi Rice, and read her book as well as Hillary Clinton's book. I read Lyndon B. Johnson's book, which Kevin actually gave me last year just to know what type of character he was playing. Not that it's an exact LBJ equal, but there are some similarities in terms of what he gets done, people's views on him and how ferocious he was in getting things done.

Your character was part of the reason why Frank Underwood came up with his master plan. Were you ever afraid of what was going to happen to your character?
One of the things I love about Linda is that she's just ferocious in her belief that she's right. Her job is to protect the president and she'll do it at all costs, and I think she believes that she's ethical.

Quoted

"I've gotten to be a little bit of a cool mom. For once in my life, I'm cool."

Jaffrey, on her children's reaction to the show

Are you into politics?
My husband [Francis Wilkinson] has been involved in politics both as a journalist and a political consultant. When [Bill] Clinton was inaugurated, we moved to Washington for three years because he was a political correspondent for Rolling Stone. So the truth is, I sleep next to a man that can fill me in if I don't know what's going on all the time. And his name is also Francis.

What reactions have you gotten from being on the show?
I have a teenage boy and a teenage girl. Their friends have watched the show and learned about politics through it. So I've gotten to be a little bit of a cool mom. For once in my life, I'm cool.

Are we going to see you in Season 3?
I can't tell you anything, but I think that no one ever really leaves Washington. They are all still around. Relationships are really the currency in Washington, right?

LASSE EMIL KRISTIANSEN
letters@metro.us

Q&A

Brainy women

There are a lot of strong female characters in this series. Was that something that attracted you to the project?
I give total credit to [show creator] Beau Willimon for creating these brainy women — not just smart and powerful, but actually intellectually very advanced.

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TV watch list

Hey, look, it's Ricky Gervais with Jimmy Kimmel! They'll be together again tonight. / GETTY IMAGES

TALK

'Jimmy Kimmel Live'

Prolific funnyman Ricky Gervais stops by to promote his upcoming movie, co-starring Tina Fey and a ragtag bunch of showmen known best as the Muppets. Maybe you've heard of them? **11:35 P.M., ABC**

DRAMA

'Nashville'

Rumor has it that this show may not get renewed, so get your fill of over-the-top nonsensical plots with lots of awkward singing mixed in before it's too late. Who knows? Maybe if the writers know it won't get renewed, they'll pull an "Arrested Development" and go for broke. Tonight, labels compete to sign Juliette. **10 P.M., ABC**

NEWS

'The Daily Show with Jon Stewart'

Tonight, Rachel Maddow visits with Jon Stewart, probably to defend herself from allegations that she got Alec Baldwin fired from MSNBC. Or perhaps to make cocktails like she does with Jimmy Fallon. **11 P.M., COMEDY CENTRAL**

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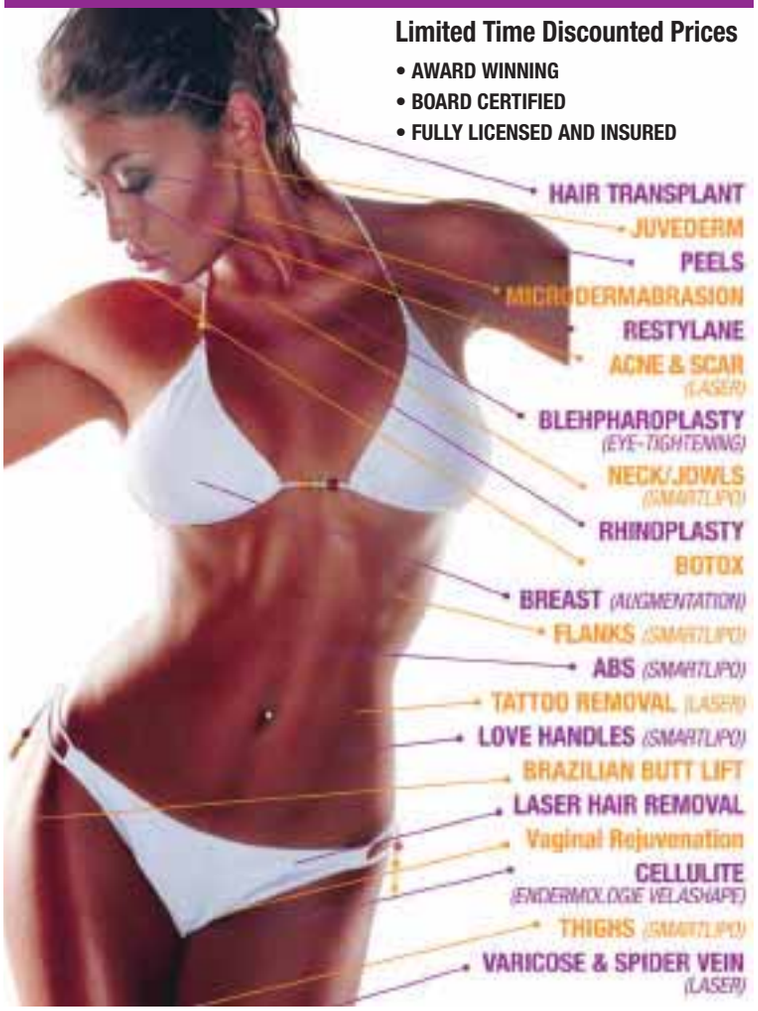

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WATCH A YOUNG ALEC BALDWIN IN 1994'S 'THE SHADOW'

WTF

'The Visitor'

Dug up from under a boulder and re-released at a time when it still makes little sense, this 1979 Italian whatzit finds John Huston as an alien trying to stop an avian-related apocalypse with help from Jesus (Franco Nero). If that weren't weird enough, it features film director Sam Peckinpah as a friendly abortionist.

'The Shadow': Collector's Edition

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As Alec Baldwin retires from fame, it's worth remembering that 20 years ago Hollywood thought he was A-list material. And why not? The mock-suaveness that Baldwin oozed for seven seasons on "30 Rock" was what he really used to ooze. Execs found him suitably thin and hot to place front and center in a summer franchise launcher, namely 1994's "The Shadow," a take on the 1930s superhero of pulp novels and radio, where he was voiced by Orson Welles.

Alas, "The Shadow" failed to find a foothold, joining "The Rocketeer" and "The Phantom" as casualties of a period when Hollywood thought the new thing was resurrected 1930s entertainment. But it's fun to revisit as an old curio. Baldwin plays Lamont Cranston, a villain forcibly reformed, by magic, into a do-gooder with the power of invisibility. The film, written by the overly prolific David Koepp (hot off "Jurassic Park"), gives him no less than a revived ancestor of Genghis Khan, played by "The Last Emperor"'s John Lone, to battle. (Also on hand are Ian McKellen and Tim Curry. If they had more screentime together, they'd be a more enjoyable pair than McKellen and Patrick Stewart.)

Even with such a formidable baddie, "The Shadow" is pretty low stakes, which is to say it's fun but instantly forgettable. If the film were a comic, it'd be a blast, as there's always more issues to come. As an expensive movie, it's in and out of your mind much too quickly. Then again, it has a lot of character. Director Russell Mulcahy (of "Highlander" fame) delights in recreating the 1930s, with its Art Deco buildings and swanky wear. He makes each frame look like a comic book panel, and keeps things light and witty. "The Shadow" is no great shakes, but with age it is good shakes.

That's young Alec Baldwin behind cloak, scarf, hat and rubber mask in the 1994 summer movie bomb "The Shadow." / SHOUT! FACTORY

DISC JOCKEY
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Also out

'The Grandmaster'

We desperately want to recommend Wong Kar-wai's typically gorgeous film of martial arts legend Ip Man (Tony Leung). But the only edition available in the U.S. is the one chopped up by Harvey Weinstein. It's still a beaut, though.

'12 Years a Slave'

Good timing! The Best Picture winner hits shelves; now you can wonder how on earth it didn't win more than three Oscars.

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Kickin' it with Crispin Glover

Hello, McFly. The actor talks about being more selective with his roles.

In movies (notably as George McFly in "Back to the Future") and TV (such as when he almost kicked David Letterman in the head during an interview in 1989), the actor, filmmaker and artist Crispin Glover has cultivated a screen presence that one could charitably classify as "bizarre." In person though, he's disarmingly approachable, eloquent and talkative.

Glover is promoting "The Bag Man," a small thriller with a couple big names (John Cusack and Robert De Niro), and one of his first films since 2010's "Hot Tub Time Machine." Glover says that, starting in 2000, he took nearly everything that came his way so he could finance his own projects. So far he's directed two films: the surreal "What Is It?," in 2005, and "It Is Fine! Everything Is Fine," in 2007.

"From the year 2000 to 2010, most of the films that I was offered I did," Glover says. But in 2010, he started saying "no." "I didn't work for over a year," he says. "I turned down a lot. Some of it was good money. It's not a good feeling. But I really did not like what I was being offered."

Glover insists his vocational decisions weren't purely crass: "I take it very seriously. I've never gone into a film where I thought, 'OK, I can't make this work but I'm going to do it.'"

MATT PRIGGE
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Crispin Glover plays an odd motel clerk in the indie thriller "The Bag Man." / GETTY IMAGES

Everything not fine

Glover, director

None of the films he's directed have been released on video, or even digitized. They exist only as 35mm film prints, which he personally tours with. "Once something's digital, it's over," he says. "It's illegally public domain, but there are no enforceable laws to stop people from downloading your films." He says the film industry can't recover from online piracy, so he's never going to give his work that option.

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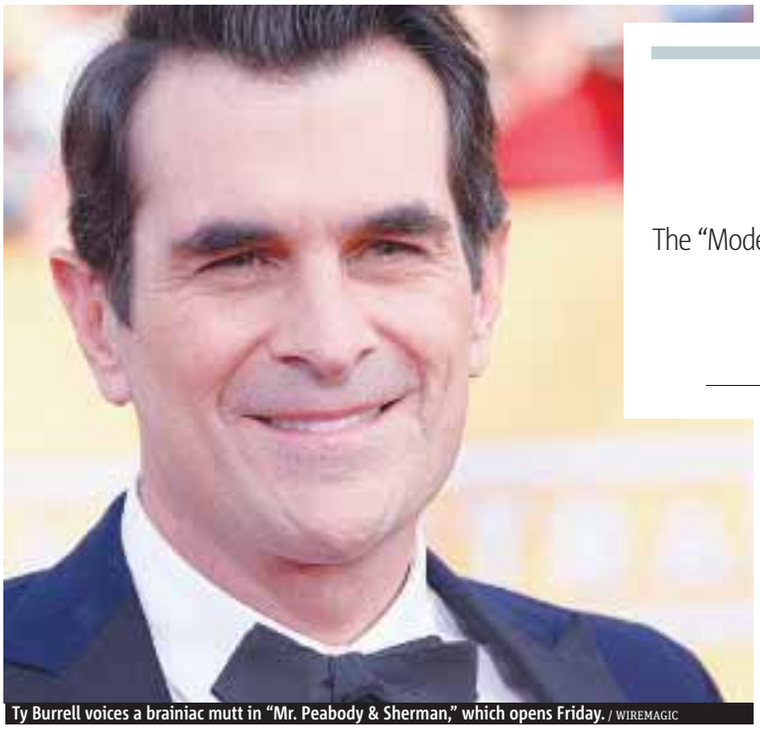

Ty Burrell voices a brainiac mutt in "Mr. Peabody & Sherman," which opens Friday. / WIREMAGIC

TY BURRELL

The "Modern Family" dad becomes a canine brainiac in "Mr. Peabody & Sherman."

GENIUS FOR A DAY

Since 2009, Ty Burrell's face has been a fixture on television as the bumbling but well-meaning paterfamilias on "Modern Family." But with "Mr. Peabody & Sherman," Burrell disappears behind the titular cartoon mutt who, as on the history-themed segments on "The Rocky and Bullwinkle Show," is an anthropomorphic brainiac with an adopted son (voiced by Max Charles). It wasn't always an easy transition.

Bill Scott, who originally voiced Mr. Peabody, had a very distinctive delivery. How closely did you try to mimic him?
Initially a lot. I was really trying to keep as many of his cadences as I could. We kind of discovered that it didn't work for the more heart-to-heart stuff between Peabody and Sherman. If you remember the originals, they're very witty and very glib. It's five minutes and it's a history lesson, and it's very funny. But we had to ground the voice so that when those scenes came along, it didn't seem like they came out of nowhere. It became a balance between paying respect to Bill Scott and sounding a little bit human. Even though it's a dog.

You have a lot of scientific terms to rattle off here. Were you a nerd?
No, no. That's why I deserve an Oscar — three Oscars! Just being able to pretend that I'm a genius for two minutes is the greatest stretch ever captured on film. I lost to the words more than I won. Usually I'd get one take where I could get "synchronic fundibulator" without messing it up. Luckily they hit record on the few occasions I got it right.

Usually you're working with your fellow actors, but voicework tends to be recorded individually. You never meet, even though you're communicating onscreen.
That's an unusual part of it, for sure. Although Max and I did have a day where we worked together. We tried to hit the scenes that were the most heart-to-heart. They usually prefer to keep you separated, so they can cut cleanly. You do the scenes 30 different ways, so they have enough to choose from. [Animation isn't] about the actors. It's about the directors and animators. They're the stars of the movie.

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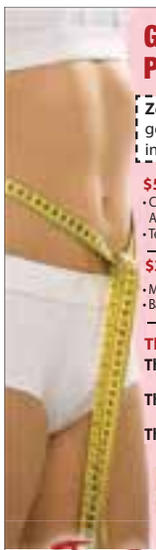
Q&A

Hit show

"Modern Family" is one of many shows made to look like it's partly improvised. How overstated is its reliance on ad-libbing?
We certainly don't improvise as much as people think we do. That's a product of the style. It's more of an editors' field. The editors get to contribute more, because it has looser ends to it. The editor gets to shape our show more than old comedies used to. But if you can beat a joke, which is hard with our writers, because our writers are very good — if you can beat them, they use it.



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RAQ is back on track

"We're really in the zone right now as far as making up stuff on the spot," says Stoops, far left. / PROVIDED

Jam band. Vermont four-piece find their groove anew.

When a band takes long instrumental tangents, there's a lot that can go wrong. After those initial three minutes of jamming, things can start to become stagnant if the right groove isn't there. This has never been an issue for grandiose rockers RAQ, who, despite always delving into long jams onstage, carve out melodies and harmonies that are both chaotic and also completely and utterly organized at the same time. And although RAQ has drawn close comparisons to bygone jam-rock purveyors like Phish, this Vermont four-piece combines funk and psychedelic influences into a highly addictive package that finds its contents timeless and ripe, all the while steering clear of copyism.

"Our sound is a product of doing something for a decade or more and finding your own voice," says keyboardist Todd Stoops. "As a band, I think it comes from the individuals creating their own styles and a sound that is their own. We all have our unique styles and when you put that together, hopefully the band will have a unique sound."

The band's brand of jam music is pure — merging progressive rock stylings and seemingly endless guitar solos — something that organically transpires after sharing the stage with someone for over 13 years.

"When you're in a band for a long time with somebody, you kind of have an idea of what they're going to do before they even do it," says Stoops. "There's this weird telepathy going on where I can look over stage left and see Chris [Michetti, guitarist] just kind of give me a look and I know what kind of moves he can make right there. Some of those moments you can kind of speak without having to talk."

If you go

RAQ

Friday, 8 p.m.
Gramercy Theatre
127 E. 23rd St.
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www.ticketmaster.com

ALEX KHATCHADOURIAN
letters@metro.us

Chemistry

Varied experiences

With such insurmountable chemistry and improvisation on stage, it's a shame that RAQ's touring schedule has taken a backseat to the members' other musical projects. Nevertheless, increased touring with their other bands has not only intensified clamor for more RAQ shows from die-hard fans, but has also gained popularity among those new fans.

"Our other bands are touring so much that it's popularizing RAQ," says Stoops. "It's like a reverse popularization. We have our core fans, but now there are a lot of new faces in the crowd that I don't think we would have seen had it not been for Chris' project, Conspirator, or my band Kung Fu being on the road. There are a lot of people that are coming out to these shows and have seen the band, like, a hundred times and the person standing next to them, it could be their first. That's kind of neat, to have people with varied experiences with our music throughout the crowd."

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‘Plants make people happy’

Interior decor. The Sill creates Pinterest-worthy plant designs — and drops them off right at your door.

PLUS

Why invest in a plant?

“Plants make people happy,” says Blank. “It’s just the nature of having plants around you. It’s also important to have plants in your home because they do things like boost your mood and increase creativity or productivity. They also filter toxins from the air. Part of The Sill’s mission is bringing that knowledge to the forefront and letting people know that it’s not just about design — even though that’s a great benefit.”

Live in an apartment facing a dingy brick wall?

That’s the view Eliza Blank shared with her dorm mates when she moved from rural Massachusetts to New York as a freshman at NYU — and one that many urban dwellers are all too familiar with.

“We had very little light and all I really wanted was a plant. I felt that was immediately going to make me feel more at home,” says the now 28-year-old.

Finding just the right greenery for her gloomy digs was the impetus for The Sill, the New York-based company she founded 18 months ago that brings artfully designed houseplants right to a customer’s front door.

Sign up for a free consultation and a plant specialist will come to your home, assess your light, your lifestyle (Do you travel a lot? Do you install an air conditioner in that window come summer?) and talk to you about your aesthetic — the design factor is what separates The Sill from, say, purchasing a plant from the hardware store or the fancy florist down the block.

After the initial consultation, Blank will send over a proposal recommending plants — and the planters — that best complement your decor and living situation. The company works with local potters and artists to create its own line of ceramic pots as well.

“We really approach it like designers,” says Blank. “The Sill provides inspirational imagery and more time and attention towards communication of how to care for the plants. And we focus a lot more on design elements of the planters. It’s just so much more thoughtful and curated than going to a Home Depot.”

And about that brick wall? Blank says a snake or ZZ plant will be right at home. For more suggestions on low-light plants, check out the handy chart below.

TINA CHADHA
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Trends

“Fiddle leaf fig trees are everywhere,” says Blank. “Cacti, more so than succulents. And anything vertical or hanging on the wall. There’s just more plants in home decor in general, too!”

Great places to find pots:

- Sprout Home
- Etsy
- John Derian

Attractive planters are key to a homey look, so don’t leave your new green friend in a plastic pot. / ALL IMAGES COURTESY OF THE SILL

The cost

$500

Onsite design services aren’t cheap — projects have a $500 minimum. But you can also purchase just one or two items from your proposal if that’s what your budget allows. A single hand-potted plant starts as low as $38, says Blank.

House plants for:

Bright light

Medium light

Low light

UES sees boost from Second Ave. subway line

Update. Prices are rising as the long-awaited train line nears its completion.

Commuting for Manhattan's East Side dwellers is going to get so much easier. / PROVIDED

In mid-2013, Elaine Diratz, senior managing director of Corcoran Sunshine Marketing Group, noticed that the one-bedroom condos at 515 E. 72nd St., were selling briskly. There were more than 70 closings between summer 2012 and summer 2013 — about half the building's 142 one-bedrooms.

Diratz, whose firm was handling the marketing of the 329-unit conversion near the East River, soon put her finger on the reason behind the quick pace of sales: major milestones in the construction of the Second Avenue Subway, a little more than two blocks away. The milestones included some of the last subterranean blasts for the first phase of the project, from 63rd to 96th streets, which is scheduled to debut by the end of 2016.

"I think savvy buyers recognize the potential for the appreciation for these one-bedrooms by having that Second Avenue line there," said Diratz.

By the numbers

70

Number of closings at 515 E. 72nd St. between summer 2012 and summer 2013 — about half the building's 142 one-bedrooms.

The Second Avenue Subway — which will eventually run 8.5 miles from 125th Street to Hanover Square — has been on the drawing board for decades. Commuters, tired of crowding onto the overstrained Lexington Avenue line, were among the most vocal in pushing for the new "T" line, as it's dubbed.

And the real estate industry, of course, has a vested interest in the project. For the first time, developers and brokers are reporting a spike in buyer enthusiasm for developments east of Third Avenue. They say property values on and around Second Avenue, as well as prices for condos and co-ops, could increase more than 20 percent.

"The problem with Second Avenue is that it's been too far away from the subway — that's why buyers have shied away," said Richard Steinberg, a broker at Warburg Realty.

This dearth of a subway has not only translated into traditional buyer reticence: It's meant lower condo and co-op prices for the Upper East Side east of Third Avenue. In 2013, the average sales price of an Upper East Side condo from Third eastward was $1.57 million, according to an analysis from Pete Culliney at real estate data provider CityRealty. Meanwhile, for the UES overall, what Culliney calls "core East Side," it was $2.34 million. **TOM ACITELLI**

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ACMH E. 144th Street LP is pleased to announce applications are now being accepted for 18 affordable housing rental apartments now under construction at **462 East 144th Street,** in the Mott Haven section of **The Bronx.** This building is being constructed through the Low Income Housing Tax Credit program of New York State Homes & Community Renewal (HCR). The size, rent, and targeted income distribution for the 18 apartments are as follows:

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*Tenant responsible for Electric **Subject to Occupancy Criteria ***Income guidelines subject to change

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*Apts with traditional kitchens still available starting at $1010

This unit at the Vere in Queens, for $3 million, is the top listing in the borough. / PROVIDED

Top new residential listings in BK, Queens

Real estate. Move over, Manhattan. We look at some of the luxury units for sale in Brooklyn and Queens.

The most expensive new residential listing in Brooklyn was a five-bedroom condo in Park Slope, while the most expensive new listing in Queens was a condo in a 2009 tower in Hunters Point with a $3 million price tag.

The information was provided by listings website Point2 Homes. It covered residential homes as well as cooperatives and condos that were listed in the 30 days prior to Feb. 24.

Brooklyn's top listing was a five-bedroom condo at 25 Eighth Ave., going for $5.25 million. The listing agent for the 4,200-square-foot unit is Peter Grazioli of Halstead Property.

The next most expensive listing was actually two condo units being offered as one 2,200-square-foot spread at The Edge, at 22 N. Sixth St. in Williamsburg. MNS agent Grace Leung Levin brought it to market, with an asking price of $4.495 million. The third most expensive listing over the past 30 days was 34 Park Place, a townhouse in Park Slope. The five-bedroom home is listed for Jessica Buchman and Bryan Rettaliata of Corcoran Group, with a price of $2.995 million.

Meanwhile, in Queens, the top properties to hit the market over the last 30 days had prices similar to those listed in Brooklyn, but the most expensive properties on the Queens market overall were less pricey than in Brooklyn.

The top Queens listing was a 2,422-square-foot, five-bedroom condo at the Vere, at 26-26 Jackson Ave. The Hunters Point property was listed by Jermain Miller of Douglas Elliman for $3 million. Next was the $1.8 million listing of the five-bedroom home at 249-16 64th Ave. in Little Neck, listed by Eva Fu of Unimax Realty.

Those were followed by 117-02 Park Lane South, a four-bedroom home in Richmond Hill, with an asking price of $1.65 million. That was listed by Mitra Hakimi of the Mitra Hakimi Realty Group. Next was a $1.4 million house at 119-43 80th Road in Kew Gardens listed by Sayed Islam of Re/Max Team.

The most expensive home listed in Queens was the $5.2 million house at 65 Tennis Place in Forest Hills Gardens. **ADAM PINCUS**

By the numbers

$5.2M

Listing price for the house at 65 Tennis Place, the most expensive home for sale in Queens.

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

A five-bedroom condo at 25 Eighth Ave. is the most expensive in Brooklyn. / CONSTANTIN BOCA PHOTOGRAPHY

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The latest installment of "Castlevania" is fine but overly complicated. / KONAMI

EVERYTHING OLD IS NEW AGAIN (AGAIN)

Do you hear that? That's the endless march of time, preparing to rip everything we hold near and dear asunder. Instead of dealing with this inscrutable fact, let's dive into new entries in our favorite childhood gaming franchises. Ah, to be young again.

'Castlevania: Lords of Shadow 2'

System: PS3/Xbox 360
Company: Konami

The original "Castlevania" dates back to the early days of the NES, meaning it was a contemporary to "Max Headroom," "Rambo" and that one Falco song about Amadeus. The franchise's classic formula of sidescrolling castle exploration practically invented its own genre. In 2010, however, the series was given a modern "God of War"-esque makeover.

The sequel manages to be competent enough, but at the expense of any leftover charm in the franchise. The graphics are still great, but the gameplay is convoluted, mixing in frustrating stealth sections. Oh, and now you fight dudes with machine guns instead of swords.

'Donkey Kong Country: Tropical Freeze'

System: Wii U
Company: Nintendo

The first "Donkey Kong Country," released in 1994 on SNES, was, more or less, the last great gasp of the sidescrolling platformer. Until now, that is. Retro platformers are all the rage these days and the King of Kong is back to reclaim his throne.

The level design here is top notch, giving stages a multi-tier feel. For an "old school" title, the game looks and plays great. The only downside? This game is brutally difficult.

Sidescroller

LAWRENCE BONK

LAWRENCE.BONK@METRO.US

Mobile. Google builds on Lego success with forthcoming phone

Google aims to be in every single aspect of your life, including modular phones and perhaps even carpets? / GETTY IMAGES

Google, who you may remember from their part in every facet of human existence, announced recently they are getting in the modular phone game. What's a modular phone? Essentially, it's a smartphone that breaks into pieces, each piece providing a function. The benefit here is that you only pay for what you want and each item is easily upgradable without having to get a whole new phone.

The company is calling their Lego-like phone, which is still in the early stages of development, Project Ara. The company plans on setting up kiosks around the country (and world?) where people can upgrade their phones on the quick. The big G also says they want to sell the base model for around 50 bucks. Of course, who knows what constitutes a base model? Maybe it's just the volume slider.

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If a friend says you have bad breath, don't take offense. That friend could be saving your life.

"Those little bugs that cause bad breath can be so harmful to the rest of your body," says Dr. Sezelle Gereau-Haddon, an otolaryngologist (ear, nose and throat doctor) and integrative medicine specialist at Mount Sinai Beth Israel hospital. "The mouth is the gateway to your body. Bad breath can be a warning to take action to stay well."

Good oral health and whole body health have become a focus for the medical community at large (March 20 marks World Oral Health Day). Because arterial plaque matches microorganisms in tooth plaque, dental health is known to affect heart health. A number of illnesses, including osteoporosis, oral cancer, arthritis and allergies are also linked.

"I often see an association in patients, particularly in allergy and autoimmune disease," says Gereau-Haddon. "It makes perfect sense. The body calls out its soldiers to fight the invaders, but the body doesn't understand that the attack is in the mouth and so it turns on itself elsewhere."

For general health, controlling periodontal disease via daily brushing (two minutes each time, twice a day!) and flossing (daily) is an important part of basic care. And you can take it one step further.

"I advise [oral] probiotics to swish in the mouth to fight bacteria," Gereau-Haddon says. "Then swallow, so the gut gets the good bacteria."

LINDA CLARKE
letters@metro.us

Minty fresh

New toothpaste we love

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ONE MONTH IN, HERE'S WHAT I KNOW

It's hard to believe that it's been a month since I started on this journey to lose weight and get healthy. It hasn't been easy, but I've already learned a lot, like the following:

1 Push yourself beyond your limits. I never thought I could do some of the things that I've done — not eating doughnut holes, surviving (and loving!) spin class, working on the rowing machine for a half hour straight, doing pushups. The idea that "I can't" has been firmly ingrained for so long — but it turns out I can. And have. And can do even more. Easy? No way. Worth it? Yes.

2 The scale fluctuates — don't get discouraged. It's really frustrating to see a 3-pound difference from one day to the next. I'm trying to remember that losing 30 pounds takes a while.

Leo Wright, who teaches my NYHRC cycling class on Saturday mornings, made a good point recently about plateaus. He says that by increasing duration, intensity and/or frequency, you'll never experience one. I'm hoping he's right.

3 Excuses are easy to make and harder to break. There have been so many days that I've wanted to skip the gym or buy everything in the office vending machine, and having the willpower to say "no" to myself has been difficult. But sliding back into my old ways won't get me where I want to be. Nothing is going to change unless I make it change. A yummy dessert or large order of fries might be satisfying in the short term, but I have to remind myself that they're not worth throwing away all the work I've done.

Amanda gets rowing.
CHRIS MAGDALENSKI

4 Be your own biggest cheerleader. I've had amazing support from my fiance, family, friends, everyone at NYHRC and readers. (Thanks, guys!) But even with all that encouragement, I've also had to learn how to believe more in myself. I have to believe that I can do this and push myself to succeed.

5 Every day is a new day. NYHRC's nutritionist, Alanna Cabrero, says many people think if they slip up and eat something unhealthy, the whole day is wasted. Not true! Get back on track at the very next meal. Good habits build more good habits.

Progress Report

Starting Stats
(as of Jan. 29)

Weight: 209.5 pounds
Body Mass Index (BMI): 36
Chest: 48 inches
Waist: 41 inches
Hips: 48.5 inches

Current Stats
(as of March 3)

Weight: 192.5
BMI: 33.8
Chest: 44.13 inches
Waist: 39.75 inches
Hips: 43.5 inches

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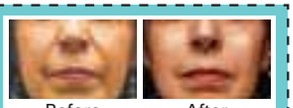
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Yes, you can have pizza and still watch your waistline. / FUSE

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Hear from the health and wellness expert for the "Today" show and "New York Times" best-selling author.

Think you have the 411 on trimming belly fat and achieving rock-hard abs? Check out these brain-boggling trivia questions and see how much you really know.

1 Every once in a while, you're short on time and need to grab a fast-food meal. Which of the following items contain fewer than 500 calories and will help you drop pounds most effectively?
A. Wendy's Chili + Baked Potato
B. McDonald's Southwest Crispy Chicken McWrap + Apple Dippers
C. Chipotle Burrito Bowl with chicken, beans, brown rice, veggies, cheese and guacamole

2 Which of these condiments can boost your metabolism?
A. Hummus
B. Hot sauce
C. Dijon mustard

3 You're at a party and the host has generously provided a wide spread of munchies. Which is the best choice to indulge in?
A. A plate of chicken wings with blue cheese dip
B. A few handfuls of tortilla chips with artichoke dip
C. Two small slices of pizza

4 While all of these are great afternoon low-calorie snacks, which is the best when it comes to losing weight and blasting belly fat?
A. Light popcorn
B. Sliced carrots with low-calorie ranch dressing
C. String cheese and an apple

For skinny tips and delicious recipes, visit Joy Bauer.com and follow Joy on Twitter (@joybauer), Facebook (facebook.com/JoyLBauer) and Pinterest (pinterest.com/joybauerhealth/)

Answers

1. A. The Wendy's small chili and plain baked potato combo is the only option listed that clocks in under 500 calories. Bonus: The beans in the chili and potato skin provide filling fiber. You can easily find nutrition information for all fast-food chains online, so check the offerings at your favorite spots and stick with meals under 500 calories for an occasional fix.

2. B. Hot sauce! This fiery condiment contains an ingredient called capsaicin, which has been shown to slightly rev metabolism and suppress hunger. Add this hot flavor enhancer anywhere you can — a few dashes to eggs, into soups and stews, or mix it with hummus.

3. C. Pizza is your best choice, since two small standard slices will only cost you 650 calories. And since pizza feels more like a meal than a snack, it tends to be more satisfying. Plus, you can easily count the number of slices you eat, but are likely lose track of how many chips or wings you've chomped.

4. C. While all three are healthy (low-cal) snacks, the string cheese and fruit combo also has protein.

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Horoscope

♓ Pisces | Feb. 19-March 20. Your involvement in charitable organizations will help raise your profile. The result will encourage you to increase your efforts.

♈ Aries | March 21-April 20. You will be able to improve your position through the power of persuasion. Share your views, and stress the positive results.

♉ Taurus | April 21-May 21. Opportunities will come if you share your hopes. You may have to make some minor adjustments, but in the end you will achieve the desired outcome.

♊ Gemini | May 22-June 20. Concentrate on your duties, and use discretion when speaking your mind. Don't be tempted to join in a heated discussion.

♋ Cancer | June 21-July 22. You are a talented individual with a unique way of helping others. Unleashing your creativity will enable you to offer significant improvements and solutions. Your generosity will be inspiring.

♌ Leo | July 23-Aug. 22. Listen to those around you. You will discover information pertinent to a decision that you need to make.

♍ Virgo | Aug. 23-Sept. 22. Your inquisitive nature is looking for a new creative outlet. Explore new activities you find stimulating in order to meet people.

♎ Libra | Sept. 23-Oct. 22. Take on a task that's been hanging over your head for too long. Stop making excuses so you can move on to better activities.

♏ Scorpio | Oct. 23-Nov. 21. To maintain your good reputation, you should acquaint yourself with all the information required prior to engaging in a new venture.

♐ Sagittarius | Nov. 22-Dec. 21. Your leadership prospects will be improved if you are a team player. Establish yourself as a hard worker.

♑ Capricorn | Dec. 22-Jan 20. Spend time with people who inspire you. A meaningful relationship is based on mutual interests and ideals.

♒ Aquarius | Jan. 21-Feb 18. Avoid anyone trying to meddle with your plans. Rather than go along with someone else's ideas, you should fulfill important projects. BERNICE BEDE OSOL

Sudoku: Easy and hard

		5				1		
		8		1	2		5	9
2		7		9		3		
1		4						
	5		1		7		9	
						8		7
		1		5		4		3
9	8		6	2		5		
		2				9		

		9	4					
6	4		7				1	
	7				5	8		
	1	5	8	7			3	
2								8
	3			5	9	1	2	
		1	9				5	
	2				7		6	9
					4	7		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Iditarod about capitalism in the frontier

One of the esteemed participants in the Iditarod, Dan Seavey, aka Boppa, gives history lectures at every checkpoint of the race to quash the myth that it commemorates a 1925 rescue mission to bring serum to Nome during a diphtheria epidemic. According to Ben McGrath in his New Yorker article of April 22, 2013, "The White Wall," the inaugural race in 1973 celebrated frontier capitalism. MICHELLE RACCAGNI, VIA EMAIL

Take a cue from Russia

I was watching what happened in Ukraine, and was astonished to see that the U.S. had given money to some strange people in a crowd. Now we know that those people are provocateurs, employed by somebody to destabilize the situation in the country. How many times has America put its nose into the internal affairs of other countries? How many times was this nose been beaten? But still, there is no lesson learned. What did Sen. John McCain do in Ukraine? He is the worst enemy of Russia. Who invited him? Russia and Ukraine are brothers, by all meanings. Ukraine protested against the corrupt government of the grand thief Viktor Yanukovich. Why did the U.S. and the European Union put their noses there? Did Russia, when there were riots in Los Angeles after Rodney King's trial that left [dozens] dead? How about December's suppression of leftist protesters in Germany, where about 600 men were beaten by police? Did Russia protest, or send money to leftists? Don't even think about interfering. You have no idea what is going on there, you don't have the slightest clue who started the fighting — so just shut up! NIKOLAS MOSTONIKAS, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

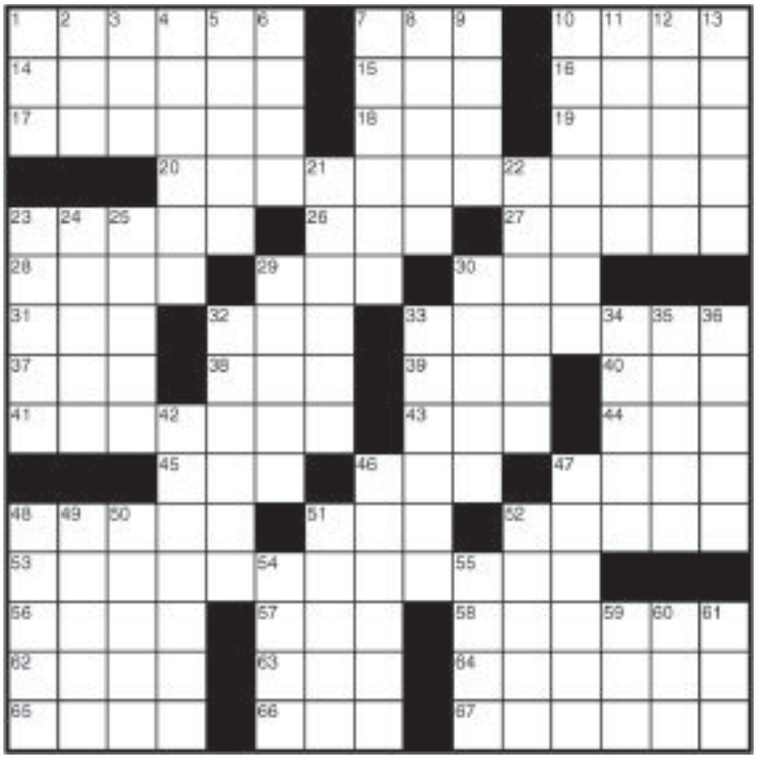
Across

1 Feudal tenant
7 Apply makeup
10 Duffers' goals
14 Think up a storm
15 Festive night
16 Blissful spot
17 Shrewd
18 Engine housing
19 Moreno or Rudner
20 Close call (2 wds.)
23 Finger-paint
26 Hesitant sounds
27 Loan-sharking
28 Sidekicks
29 On, as a lamp
30 "Friend or —?"
31 Old Fox sitcom
32 Harbor craft
33 Within -- (near)
37 "Exodus" name
38 Quaint lodging
39 "ER" venue
40 Mil. address
41 News
43 Shadowy
44 Bled, as a color
45 Geol. formations
46 "Golly!"
47 Soften
48 Physical condition
51 Dinghy's need
52 Mural undercoat
53 Amoeba's forte (2 wds.)
56 Earthenware pot
57 Hibernate
58 Canada's capital
62 Creme caramel
63 Mother lode
64 Largest mammals
65 Basin in a church
66 Soho co.
67 Dreaming, maybe

Down

1 By way of
2 Magazine fillers
3 Treat fractures
4 Spa amenities
5 Flower oil
6 Smirk's kin
7 Banish
8 Declares frankly
9 Oysters' abodes
10 Reads
11 Leave-taking
12 Pave over
13 Winding
21 Monarchs' terms
22 Voting number
23 Jack who ate no fat
24 New Zealand language
25 Heston title role (2 wds.)
29 Gill alternatives
30 Prima — evidence
32 Like car glass
33 Fluffy quilts
34 Cottontails
35 Iridescent stones
36 Role for Silverheels
42 Fix firmly
46 Made a profit
47 Word with "telepathy"
48 Jeer
49 Phone response
50 Adventurer — Quatermain
51 In plain view
52 Early Teutons
54 Artifact
55 Captain Kirk's home
59 Pub pint
60 Minuscule
61 Deadly snake

Yesterday's answer



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3 SPORTS

Spring ball

Wheeler strong in spring debut

Mets starter Zack Wheeler made his spring training debut Tuesday and looked like he hadn't missed a beat from his strong rookie campaign. Wheeler pitched three scoreless innings with two hits and three strikeouts. Curtis Granderson hit two homers in the 6-2 win over Houston.

Stars for sale: Locals dealing at deadline

NHL. The Rangers, Islanders and Devils all have stars on the trading block with the deadline this afternoon.

Rarely have the three local NHL teams all been huge players in the trade market the day of the deadline.

Unfortunately, they are all selling.

Thomas Vanek, Martin Brodeur and Ryan Callahan all have the distinction of being All Stars and former Olympians in common, but also that they may be shipped out of the tri-state Wednesday.

The local dealing already got underway Tuesday with the Islanders shipping defenseman Andrew MacDonald to Philadelphia for two draft picks and prospect Matt Mangene.

Unlike the NFL and NBA, big names are often moved at the deadline. Jay Bouwmeester, Jaromir Jagr and Jarome Iginla were among the names to be swapped at last year's deadline. New York's hockey scene could look a whole lot different by Wednesday night.

MARK OSBORNE
@METRONYSPORTS
mark.osborne@metro.us

New York Rangers

The Rangers and Ryan Callahan are engaged in a game of chicken, but it might be the fans who lose out.

The 28-year-old captain of the Rangers is a free agent after this season and asking for a large extension — making general manager Glen Sather put serious thought into trading Callahan. It's also no secret Callahan isn't the best fit for first-year head coach Alain Vigneault's up-tempo offense. The grinder fit perfectly in John Tortorella's system. He has just 25 points this season after posting 54 in the last non-strike shortened season. And now the franchise has to determine whether a six- or seven-year deal in the neighborhood of $50 million is worth it for a player on pace to score fewer than 20 goals.

Sather is in a tough position, but the team does appear to be negotiating with the U.S. Olympian in order to avoid moving him at the deadline.

CALLAHAN WILL LIKELY BE OVERPAID WHETHER HE RE-SIGNS IN NEW YORK OR WAITS UNTIL FREE AGENCY.
GETTY IMAGES

TSN reported Tuesday the demands by Callahan are inching closer to where the team may be able to re-sign him.

A deal involving Callahan being sent to Tampa Bay for right winger Martin St. Louis was reported last week, but has fizzled as of late.

Outside of Callahan, the Rangers locked up defenseman Dan Girardi to a six-year, $33 million deal on Saturday meaning he won't be dealt at the deadline.

New York Islanders

The Islanders are in a position they definitely did not expect just four months ago after trading for Thomas Vanek — moving him themselves at the deadline.

Instead of making a run to the playoffs with a tandem of Vanek and John Tavares leading the way, New York is likely out of the playoff hunt, Tavares is out for the season with a knee injury and Vanek is being aggressively shopped.

While Vanek has just nine points since joining the Islanders on Oct. 26 in a deal with Buffalo, he still could be the best offensive weapon on the market at the deadline. Vanek is a free agent though, and won't bring in the same kind of haul the Islanders surrendered.

VANEK HAS JUST FOUR GOALS IN 13 GAMES FOR THE ISLES.
GETTY IMAGES

The Kings and Penguins are both rumored destinations. At this point, the Islanders have little choice but to make some deal.

New Jersey Devils

The greatest goaltender in Devils — and maybe NHL — history may have already played his last game in New Jersey.

It was reported Tuesday that four-time Vezina Trophy-winner Martin Brodeur was set to be dealt to Minnesota. Brodeur, who holds final word on any deal with a no-trade clause in his contract, was reportedly just looking to play one more game in front of the home crowd at the Prudential Center last night.

But a wrench was thrown in that report when the Wild instead made a deal with Edmonton for veteran goaltender Ilya Bryzgalov.

So with Minnesota's security in net seemingly secured, Brodeur is in limbo.

The Devils made a deal with the Canucks during the previous offseason for netminder Cory Schneider. The deal included a Top-10 pick, so it was obvious Schneider was the heir apparent — sooner rather than later. Schneider is 12-12-9 this season with a 1.92 goals against average. Brodeur is 14-11-4, but has a goals against average of 2.47 — his worst since 2005-06 and the second-worst of his career for a full season.

But even with the Wild apparently out of the question, Brodeur could still have suitors. The Canadiens, in Brodeur's hometown, just put Carey Price on injured reserve.

BRODEUR MAY FINISH HIS CAREER IN ANOTHER CITY AFTER 21 YEARS IN NEW JERSEY.
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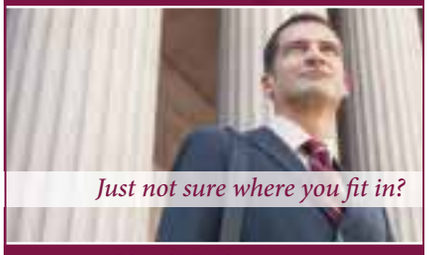

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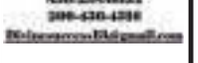

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Legal Notices

Notice of Formation of Paint The Town Events, LLC Art. of Org. filed with the Secretary of State of New York (SSNY) on 12/16/13. Office location: NY County SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail a copy of any process to: Paint The Town Events LLC, 455 W. 50th Street, Apt 7, New York, NY 10019. Purpose: to engage in any lawful act or activity.

NOTICE IS HEREBY GIVEN that a license, Serial # 1276580 for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 177 Bedford Ave. Brooklyn, NY 11211. Kings County, for on premise consumption. Seoul Nation Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1276599 for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 446B Dean Street. Brooklyn, NY 11217. Kings County, for on premise consumption. Superpizza01 Corp.

Notice of Formation of Wailea Performing Arts Academy LLC. Art. of Org. filed with the Secretary of State of New York (SSNY) on 12/05/2013. Office location: NY County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail a copy of any process to: 711 7th Ave., New York, NY 10036. Purpose: Offers training and coaching to entrepreneurs, executive artists and people of all professions.

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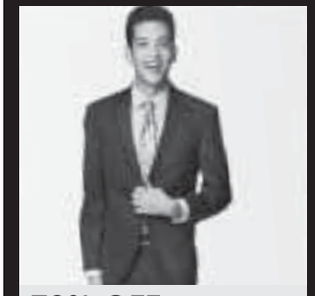

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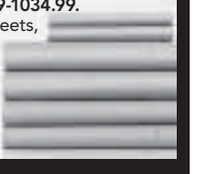

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